



WHFCS PE KS1



WHFCS Challenges

At home this week we have a range of challenges for you to do. I would like you to try your best and stay active!

Warm up – Pasta PE

You need a parent or family member to help you do the warm up. You need to follow their instructions. **Spaghetti** - Walk round the room tall and thin arms pointed together; **Tagliatelli** - Walk round the room arms pointed side by side; **Pasta twist** - walk round the hall turning round and round; **Pasta bow** - walk round with legs and arms apart, bow shaped; **Lasagne** - lie flat on the floor; **Macaroni**-make a circle with arms;

1. Around the world

You can use a ball or alternatively a beanbag or teddy. Your challenge is to pass the item around your waist as many times as you can in 60 seconds. Try not to drop it.

Mr Jones challenge – I challenge you to do it 20 times



2. Clap and Catch

I challenge you to see how many times can you throw a ball up, clap once and then catch it in 60 seconds. You can use a ball, beanbag, and a pair of socks or even a toilet roll.

Mr Jones challenge – I challenge you to do it 15 times.





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3. Figure of 8

Your challenge is to see how many times you pass a ball through your legs in 60 seconds. You can use a ball, toilet roll, teddy or socks. Try not to drop it and try your best.



Mr Jones challenge – I challenge you to do it 25 times

4. Fast Feet

Within this activity you have an option of which challenge you would like to do or you can do both. You need to place a marker down then place another marker 5 metres. I challenge you to run with a ball to the marker and back as many times as you can in 60 seconds, if you do not have a ball you can see how many times you can run.



**Mr Jones challenge – With a ball 10 times
without a ball 20 times**

5. Air Balloon challenge

You need a balloon or soft teddy and attempt to keep them off the ground for 60 seconds. You have five attempts; every time the balloon or teddy touches the floor, you lose an attempt.



Mr Jones challenge – I challenge you to keep it up for 30 seconds

Cool down – UP, DOWN, STOP, GO

On GO - children must stop still.

On STOP - children must move around the space either walking or running.

On UP - children must sit or lay down.

On DOWN - children must stretch up to the ceiling

